

ABSTRACT

Title: Evaluation of pain threshold by using the method of pressure algometry at selected muscular points in the area of shoulder girdle in karate practitioners.

Objectives: The main objective of this thesis is to assess the pain threshold using the method of pressure algometry at selected muscle points while practising the technique choku-cuki in karate practitioners.

Methods: The experiment is a pilot study which evaluates the pain threshold in m. latissimus dorzi, m. serratus anterior, m. trapezius pars descendens, ascendens and other selected muscles of both right and left shoulder girdles before exercising direct choku-cuki glow in the position of heiko-dachi stance and also controls the proper performance of given technique. Manual pressure algometer has been chosen as alternative objective method. Examined group consisted of ten male karate practitioners who had met the criteria specified for this study.

Results: The results of measurements using pressure algometry in the muscles m. latissimus dorzi, m. serratus anterior, m. trapezius pars descendens, ascendens demonstrated that while practising the technique of the choku-cuki blow in the position of heiko-dachi stance, lowering of pain threshold in the contracted upper limb in comparison to the hitting one was observed.

Keywords: pressure algometry, shoulder girdle, karate